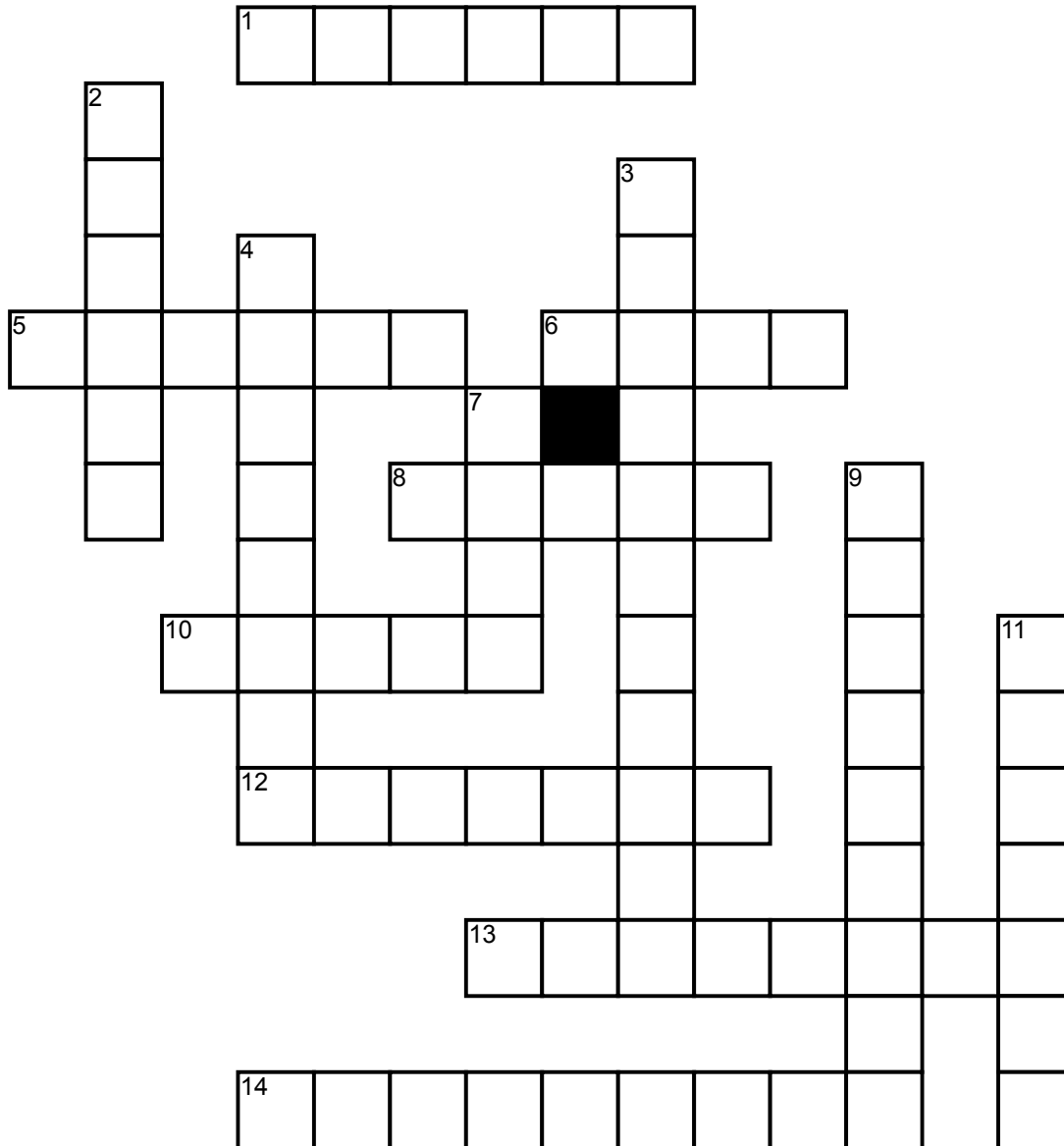


Name: _____

Fruits and Vegetables



Across

1. _____ is a vitamin found in vegetables like broccoli, beans, and asparagus.

5. Beta-Carotene, found in carrots, sweet potatoes, and spinach, helps support the immune system and _____.

6. _____ of your plate should be fruits and vegetables?

8. It's important to eat fruits and vegetables of every _____.

10. Fruits like apples, pears, and raspberries are high in _____, which can help prevent coronary heart disease.

12. Spinach, turnip greens, and soy beans are a good source of _____.

13. Foods high in _____ can help fight infection and maintain healthy skin and eyes.

14. Fruits and vegetables like bananas and potatoes are high in _____.

Down

2. Most fruits and vegetables are low in _____.

3. Bright pink fruit with white flesh and black seeds. (two words)

4. Oranges are high in _____. (two words)

7. You should be eating _____ servings of both fruits and vegetables per day.

9. _____ is a mineral found in artichoke hearts, butternut squash, and spinach, is important for maintaining healthy bones.

11. This leafy green vegetable is high in iron.